



## Breastfeeding Website Information

Michigan's Nutrition, Physical Activity and Obesity (MiNPAO) program supports the American Academy of Pediatrics (AAP) recommendation of exclusive breastfeeding for the first six months of life and support for breastfeeding for the first year as long as mutually desired by mother and child. In most circumstances, exclusive breastfeeding is one of the healthiest choices a parent can make for their child. Breastfeeding not only improves the health of the mother and her infant, it also protects against disease and obesity, reduces medical and sick leave costs, increases workforce productivity, promotes mother-infant bonding, and is better for the environment. Even with all of these benefits in place, many Michigan mothers are unable or choose not to breastfeed. In an effort to provide normal and optimal nutrition to all infants, it is important to reduce the social, structural and environmental barriers that new mothers face.

Breastfeeding support in Michigan is greatly needed:

- 79.1% of Michigan mothers initiate breastfeeding, which is below the Healthy People 2020 goal of 81.9% (CDC Breastfeeding Report Card, 2012)
- Only 17.9% of Michigan mothers meet the AAP recommendation of exclusive breastfeeding for six months (CDC Breastfeeding Report Card, 2012)
- Breastfeeding is directly correlated with maternal age. Only 67.7% of Michigan mothers under age 20 reported initiating breastfeeding, while more than 80% (81.1%) of mothers over the age of 30 reported initiating breastfeeding (PRAMS, 2009).
- In 2009, Non-Hispanic Black mothers were the least likely (64.9%) to report ever breastfeeding, while Asian/Pacific Islander mothers were the most likely to report ever breastfeeding (94.6%) (PRAMS, 2009).

In an effort to build a supportive breastfeeding culture throughout Michigan, MiNPAO staff members are working with several partners across the state. The program is working closely with the Michigan Breastfeeding Network, Michigan's statewide breastfeeding coalition, to ensure a cohesive breastfeeding front and build strong, active local breastfeeding coalitions throughout the state. MiNPAO staff members are also working with Healthy Kids, Healthy Michigan, a coalition dedicated to preventing and reducing childhood obesity. Staff members serve on the Breastfeeding Policy Workgroup, which works toward advancing policy to create environments where women who choose to breastfeed are able to meet their breastfeeding goals and barriers to breastfeeding are reduced resulting in increased initiation, duration and exclusivity breastfeeding rates.

Links:

- [Surgeon General Call to Action to Support Breastfeeding](#)
- [Michigan Breastfeeding Network](#)
- [The Business Case for Breastfeeding](#)
- [Healthfinder.gov](#)
- [CDC Breastfeeding Report Card, 2012](#)